

# LAKEVILLE PARKS AND RECREATION DEPARTMENT

## Fall/Winter Volleyball Rules

Updated 12/10/2019

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### TEAMS:

**ROSTERS** can include up to a maximum of 12 players. Players must be 18 years of age or older and may play on only one team in each league. Rosters must be filled out neatly and completely and must include all addresses, signatures, and birthdates of all legal players as they also serve as a liability waiver. Rosters are due after the first night of play.

**SUBSTITUTES** must be added to an official roster/waiver form and be submitted to the League Director.

**ELIGIBLE PLAYERS FOR PLAYOFFS** include team members who have signed the official roster/waiver form.

Substitutes are required to play two nights to be eligible for playoffs. Final rosters will be available for all teams to view during the playoffs if previously requested.

**CoRec Monday Gold only:** Rule in effect if a team is short one female player, the team must designate a spot in their serving rotation for a 'ghost' player. When the 'ghost' player rotates to the serving position, the team will automatically lose the point and the serve. Players arriving late may automatically take over the ghost player's position at any time during the game. When the ghost is in the front row, then the team will only have 2 other players in the front row. Option for opposing team: The opposing team can choose to take 5 points at the beginning of each game instead of the rotating ghost. The team that starts down 5 points will then rotate without the ghost, the decision to do this is to be made before the match starts and would be applied to all 5 sets played (can't switch back and forth from game to game).

**FORFEITS** will occur for a six person team when they are not able to begin a game with at least four players. Forfeits will occur for a four person team when they are not able to begin a game with at least two players. A team with less than four/two players present from their roster will be allowed a five minute grace period for the first game only. After five minutes the team will lose one point per minute. (Example: if a team is short players for 8 minutes and is then ready to play they will begin the match with a score of 8-0 in favor of their opponents.) After 15 minutes, the match is forfeited. Any team which forfeits three matches will be dropped from the league with no refund of fees.

**AWARDS** will be given to the regular season and the playoff winners.

### LEAGUE AND FACILITY RULES:

**CHILDREN** are not to be brought to league play. Failure to do so may jeopardize our gym use privileges. Players who bring unsupervised children to the games will not be allowed to participate. Teams who continually bring unsupervised children to the league games may be suspended and league fee will not be refunded.

**EXIT THE BUILDING BY 10 P.M.,** ~~No exceptions.~~ If this rule is not followed by a team(s) you will be assessed at \$50 penalty fee. **NOTE: MON. GOLD WINTER 2020 ONLY MAY BE IN BUILDING UNTIL 10:30 P.M. DUE TO LATE START TIME.**

### NO SMOKING or DRINKING ON SCHOOL PREMISES

**Tennis Shoes** must be clean. No black soles are allowed.

**Custodians** are available if you should need them. You may try their office first, otherwise look around the facility.

**Food and beverages**, except water bottles, are not allowed in the gym.

**School TV's:** Do not attempt to program the school TV's located in the hallway; if caught your team will be eliminated from the league.

### **NET SET-UP:**

ALL TEAMS playing at the 6:50 p.m. games are to help set up nets, which are to be ready by the scheduled game time (unless a delay is caused by persons in the gym prior to Lakeville Parks & Recreation volleyball.) ALL TEAMS playing the last games of the night are responsible for putting all equipment away.

It is imperative that all teams learn the appropriate way to set nets up, take them down, and store them.

The equipment is owned by the school district and any damages occurring during Lakeville Parks & Recreation usage will be paid for by the league teams.

**TEAMS MUST SUPPLY THEIR OWN BALL.** Please bring your name and phone number on your ball.

### **First Aid:**

**CUT/WOUNDS** must be covered before play can be resumed. If there is blood on the floor or equipment it must be cleaned up before any play may be resumed. A time out may be used for such injuries.

**FIRST AID KITS** are located in the storage room of the main gym. First aid kits need to be replenished from time to time, if items are running low (cold packs, band aids, etc.) please e-mail the League Director.

**EMERGENCY TELEPHONE** is located in the gym on the wall. Dial "9" to get an outside line. To call 911 you will dial Emergency 9-911.

### **GAME PLAY:**

**GAME BALLS – TEAMS MUST SUPPLY THEIR OWN VOLLEYBALL.**

#### **TEAMS –**

Women's teams will consist of no more than six players, and no less than four players, on the court at one time. The CoRec 6's will consist of no more than six players, and no less than four players, on the court at one time. If playing with 4, there can be no more than 2 men on the court. If playing with 5 or 6 players, there cannot be more than 3 men on the court.

Alternate players may rotate in at the service position only. Late players may rotate in immediately after the point is finished.

**CHOICE OF SIDE OR SERVICE** will be determined by captains who will call the toss of a coin or a quick round of rock, paper, scissors. Rotate playing areas and serve after each game.

**SERVING ORDER AND POSITIONS** - The CoRec 6's leagues shall alternate male and female servers whenever possible.

**OBSTRUCTIONS:** The ball may be played off of the ceiling and lights if it comes down on the same side from which it was hit. If the ball hits the ceiling or lights and goes over the net, it is a dead ball and a fault. Balls hitting the basketball hoops, including the backboard and support poles, that extend over the courts should be replayed.

**MATCHES:** One match of 5 games will be played

**SCORING:** Will be rally scoring to 25. Games must be won by two points. Games capped at 27 points. There is a **firm** 80-minute time limit from the **scheduled** start time, which should be the scheduled start time unless a delay is caused by persons in the gym prior to Lakeville Parks and Recreation. Teams ahead at the end of the allotted time for each match will score a win. **Please note, no serves shall take place after 8:10 p.m. if playing in a 6:50 p.m. game.** If there is not enough time to start the last game, **noting will be recorded for games un-played. Should a game be tied when the time limit runs out, one rally serve will be played to determine a winner.**

**Definition of rally scoring: One point is scored on every single rally. It doesn't matter which team serves the ball. Points can be scored by either the serving or the receiving team.**

**TIMEOUTS:** One time, teams may call one 30 second time out per game. Teams may not call a time out during the last 2 minutes of the match, except for a serious injury.”

**REPORTING SCORES** should be completed by ALL team managers. E-mail scores to the League Director after each night of play. Please leave the following information:

1. Team Name
2. League Name
3. Day and Date of Games
4. Number of games **WON** in the set

**Please call in your scores each week!** At the conclusion of regular season play, standings will be determined by winning percentage. In the event of a tie for first place, standings will be determined by 1. Matches won vs. lost, 2. Head to head winner, 3. Total Games won vs. lost. Teams not reporting scores or missing scores will be automatically dropped to the bottom of the standings after the conclusion of the regular season.

**COURT BORDERS** are stored in the storage box near court #4 at Antlers Park. The league director will give each team manager a combination at the beginning of the season. **All Teams regardless of home team or away team** are responsible for setting up and taking down court borders each night of play. During game time, the lock on the storage box is to be locked. Following the evening games, all borders must be neatly returned to the storage box and the lock replaced securely.

**REFEREES:** There will be no referees for this league. Any rule interpretations may be discussed through team captains. If disagreements persist regarding any play, simply replay.

**PROTESTS:** A team having a complaint concerning the league should contact the League Director as soon as possible.

**THE PLAY:**

THE SERVICE

1. The server must stand with both feet behind the service line (back line). Jump serves are allowed in the Gold League only when both teams have sufficient space to complete a jump serve.
2. The server must call out the score before each serve, calling his own team's score first.
3. For 6s only: At the instant the ball is contacted for the serve, the back line players must be behind their corresponding front line player. It is a fault if a back line player is the same distance from the net as the corresponding front line player. A player whose position is center in either line must not be as close to the sideline as the respective right or left player of the same line at the instant the ball is contacted for serve. It is a fault if a center player is as close to the sideline as the respective right or left player of that same line. After the serve, players are free to move to different positions.
4. The ball may touch the net while crossing it on the service.
5. Points are awarded to the either team when the opposing team faults (fails to return the ball legally).
6. Upon receiving possession for service, all 6s teams must rotate (in a clockwise direction) one position, even if it is a team's first service. All 4s teams must rotate servers in the same order throughout the game; however the players do not need to rotate positions on the court.
7. All serves can be returned by a legal set, bump, an "over the shoulder" hit or a one-arm/closed fist hit.

### HITTING THE BALL

1. Number of Hits: Each team is allowed three successive contacts before returning the ball to the opponent's court. The ball may not be hit two consecutive times by the same person. A block is not counted as a hit; the person attempting to block is eligible to hit the ball again.
  - A. CO-REC Only: If more than one touch a female must have a touch on either the 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> touch. Contact of the ball during blocking does not count as a touch.
2. Playing the ball: The ball may be hit by any part of the body.
  - A. All (arm) shots below the waist should be hit with a closed fist or "bump"
  - B. If the ball strikes any part of the body, it is a legal hit and the ball is in play.
4. Spiking: The ball may be spiked with a one or two handed overhead batting motion. (The accepted method of spiking is with an open hand without breaking the wrist.) Spiking may be legally accomplished by only the players in the front line at the time of serve or back row players who stay behind the 10-foot line.
  - A. HITTING THE BALL EXCESSIVELY HARD If a team feels a player on the opposing team is hitting the ball excessively hard, they should first tell that player and team. (Both teams should try to compromise.) If that player continues to hit excessively, the affected team must call the Parks & Recreation Department, 952-985-4615, the next day and file a complaint. The team manager will be notified.

5. A "hook" or pushing type of spike is a "carry" and is a violation.

**HELD BALL** When the ball visibly comes to rest momentarily in the hands or arms of a player, it is considered as having been held. The ball must be hit in such a manner that it rebounds cleanly after contact with a player. Scooping, lifting, pushing or carrying the ball shall be considered a form of holding. A ball clearly hit with one or both hands from a position below the ball is considered a good play. Do not use an open hand when hitting the ball from below waist level. Call your own carries - especially obvious ones. Your opponent may also call carries on your team.

## **BLOCKING**

1. Reaching over the net: A player may follow through over the net, providing he first contacts the ball on his own side of the net. Players in the act of blocking may reach across the net, but may not contact the ball until an opponent has hit the ball to return it.
2. The hands of a blocker(s) may reach over the net. However, the blocker(s) must not contact the ball on the opponent's side of the court until after the completion of the opponent's action, which directs the ball toward the other side. If the ball is traveling toward the net and no offensive player is near enough to play it, the blocker(s) may reach over the net and block it after the first or second touch. However, if one of the offensive players is near and about ready to make a play, it is not legal for the blocker to make contact until the offensive player has had an opportunity to play the ball.
3. Blocking or spiking a served ball is not permitted.
4. Blocking may be legally accomplished by any of the players who are in the front line at the time of service.
  - A. **CO-REC only:** When only one male player is in the front row at service, one male back-row player may be forward of the attack line for the purpose of blocking. The remaining back-row player must be behind the attack line until the ball has been contacted by the blocker(s) or has been hit in such a manner that no block is possible. No female back-row player may participate in a block.

## **BALL PLAYED BY TEAMMATES.**

1. When two players of the same team contact the ball simultaneously, this is considered as two team contacts and neither of the players may make the next play on the ball. (EXCEPTION: Blocking).

**CROSSING THE CENTER LINE.** Players may cross the centerline below the net or outside the plies, before, during, or after a legal play of the ball provided this does not interfere with the opponent's play.

1. Outside of Court: A player may go outside the court while the ball is in play. She/he may not play the ball across the extension of the center line.

## **FAULTS**

1. If a team fails to return the ball with three or fewer hits before the ball touches the floor within the boundaries, a fault occurs. Additional faults occur when:
  - a. An illegal hit occurs.
  - b. A player touches the net with any part of his body. It is not a fault if the net is driven into the player from a driven ball.
  - c. A player reaches over the net to hit the ball. Note: after hitting the ball on his/her own side of the net, a player's hand may extend over the net on follow through. (see also blocking)
2. The penalty for a fault is a point for the opposing team.
3. Each team is responsible for calling its own faults.
4. If there is a question on whether a fault has occurred, the point should be replayed.

**LAKEVILLE PARKS AND RECREATION DEPARTMENT**

20195 Holyoke Avenue, Lakeville , MN 55044

**HOTLINE: 952-985-4690**

**Program Cancellations:** Twitter @LakevilleParks or 952-985-4690, Option #2

**Score Reporting:** [krobinson@lakevillemn.gov](mailto:krobinson@lakevillemn.gov)

**Standings online:** [www.lakevillemn.gov](http://www.lakevillemn.gov) (Parks & Rec Department page)

**League Director:**

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